

- **Move More.** Aim for at least 30 minutes daily of moderate activity. Try to add physical activities into your daily routine. Walk, bike or jog rather than driving a car whenever possible. Climb stairs instead of taking the elevator.
- **Make fitness a group activity.** Rather than going it alone, be active with friends and family. Take the family to a park, or walk with a group of co-workers at lunch.

More information about health, diet and fitness is available at the “Eat Smart, Move More” website:
<http://www.eatsmartmovemorenc.com/>

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